Deaths double in Russia's 'worst ever' heat

MAMBO to give away attractive prizes pg 3

**Mariners sack** manager Wakamatsu

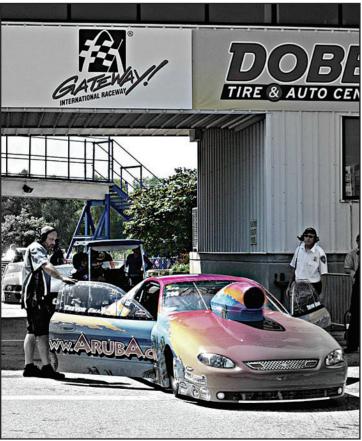
Tuesday, August 10, 2010

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#### Eman and Team Aruba leave Gateway gaining ground





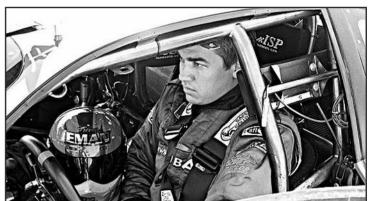
Last weekend at Gateway International Raceway, fans were awarded double the racing as the ADRL completed the Hardees Independence Drags in Topeka that were delayed back in July from rain, and then the already scheduled Hardees Gateway Drags III.

The grandstands were packed and the pits filled with fans on a picture perfect weather weekend in Illinois. Both Missouri and Illinois fans alike made their way through the pits and past Team Aruba throughout, allowing up close and personal opportunities to talk and interact.

After completing all four rounds of qualifying, Eman and his crew made the cut and were set for eliminations. In round one of Pro Stock Eliminations there were 16 cars, and despite the loss, Team Aruba held the third fastest time. The race of the round was without a doubt Trevor Eman on the line with Bryan Gahm's. Lots of drivers shook the tires or dealt with other mechanical issues, so momentum is once again going in the right direc-

"We have made drastic improvements this season and continue to climb the ladder, but when you are on the line, run a great race and fall short, it's still considered progression in my book," Eman states. "The team is definitely looking forward to the next race!"

In addition to success on the track, Trevor was also busy with media opportunities that included being filmed by a pro-





duction company for a reality series on drag racing set to air next season. Eman also was interviewed by ADRL's production crew, who is also in the process of producing shows of the races from this season that will air on MAVTV.

It was once again an accomplished weekend for Eman and his team, leaving their mark on the 2010 Hardees Gateway Drags, looking ahead to their date on the track in Rockingham, North Carolina.

Log on to www.adrl.us and www.mmpsa.org for more information and the remaining schedule of the season. For more information about Eman and the team, check out www.Teamaruba.com or become a fan and follow them on facebook.

#### **Campbell contradicted** in court over diamonds

THE HAGUE, The Netherlands (AFP) - Naomi Campbell accepted a late-night gift of diamonds Charles Taylor had promised her over dinner and boasted about it the next day, actress Mia Farrow and the supermodel's ex-agent told judges vesterday.

Farrow and Campbell's then agent, Carole White, both contradicted the model's own evidence to the Liberian ex-pre- sident's war crimes trial that she did not know

who sent the parcel of gems. White said there were about six rough stones.

Prosecutors are trying to nk the gift to Taylor, whom they accuse of having taken a consignment of uncut diamonds to South Africa "to sell... or exchange them for weapons" for Sierra Leone rebels.

White is set to continue her testimony on this morning.

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#### Moscow deaths double in Russia's 'worst ever' heat

MOSCOW, Russia (AFP) -The daily mortality rate in Moscow has doubled and morgues are overflowing amid an acrid smog caused by the worst heatwave in Russia's thousand-year history, officials said yesterday.

The smog from the peat and forest fires burning in the countryside around 100 kilometres (60 miles) outside the city has choked Moscow for days, seeping into apartments, offices and even the metro, and causing thousands to flee.

"In usual times 360-380 people are dying each day. Now it is around 700," the head of Moscow's health department, Andrei Seltsovsky, said in televised remarks, acknowledging that city morgues were filled almost to capacity.

Emergency services meanwhile reported about 557 wildfires were burning over 174,000 hectares (430,000 acres) in central Russia and the Moscow region, with flames also raging close to a nuclear

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Television reports said the smoke reached Russia's second city of Saint Petersburg and the Urals' main city of Yekaterinburg was also veiled in smog.

Russia's top meteorological official, Alexander Frolov, said the heatwave was the most severe in the country's millennium-long history

"No similar heatwave has been observed neither by ourselves nor by our ancestors," he told a televised news conference. "This is a completely unique phenomenon."

More than 104,000 people -- a record number for the current year -- flew out of Moscow on Sunday, a spokesman for Russian state aviation agency Rosaviatsia, Sergei Izvolsky, told AFP.

The figure for the same day a year ago stood at around 70,000 people, he said.

Many of those who stayed pulled white and blue gauze masks over their faces to protect themselves from the haze, while national media accused authorities of covering up the true scale of the environmental disaster and related deaths.

State air pollution monitoring service Mosekomonitoring said yesterday carbon monoxide levels in the Moscow air were 2.2 times higher than acceptable levels. They had been 3.1 times worse on Sunday and 6.6 times worse on Saturday.

#### **Death toll in China mudslides** jumps to 337

ZHOUQU, China (AFP) - The death toll from mudslides in northwest China surged to 337 yesterday, as rescuers used diggers and their bare hands in a desperate search for more than 1,000 others still missing.

At least three villages were flattened by an avalanche of mud and rocks triggered by heavy rains in a remote area of Gansu province late Saturday -

- the latest deadly disaster as China battles its worst flooding in a decade.

Premier Wen Jiabao, who visited the devastated area Sunday and yesterday, urged rescue workers to do everything possible to find survivors and get aid to tens of thousands of people without food or drinking water.

#### Death toll rises to 165 in Indian Himalayan floods

LEH, India (AFP) – The death toll from flash floods in India's remote Himalayan region of Ladakh reached 165 on Monday, with officials warning that hundreds of people were still missing

Sudden rains before dawn on Friday caused floods that swept away roads, homes, bridges and power cables. Rescuers fear many more victims died after being buried in a tide of rock and mud.

Thousands of Indian soldiers, police and paramilitary troops have led the relief operation, trying to reach buried homes and treating the injured.

"The government today confirmed that 165 deaths have occurred in Leh so far due to the cloudburst and HashHoods, of which 150 bodies have been identified," an official statement said yesterday evening.

Officials said more than 400 have been injured.

Many people are feared buried in the village of Choglamsar on the outskirts of Leh. Sniffer dogs were in action yesterday to locate bodies.

#### **UN says Pakistan floods** worse than 2004 tsunami

SUKKUR, Pakistan (AFP) – The United Nations said yesterday that massive floods in Pakistan had affected 13.8 million people and eclipsed the scale of the devastating 2004 tsunami, as anger mounted among survivors.

The Pakistani government and UN officials have appealed for more urgent relief efforts to cope with the country's worst ever floods, with President Asif Ali Zardari due to return home after a heavily criticised European tour.

The entire northwestern Swat valley, where Pakistan fought a major campaign to flush out Taliban insurgents last year, was cut off at the weekend as were parts of the country's breadbasket in Punjab and Sindh.

"This disaster is worse than the tsunami, the 2005 Pakistan earthquake and the Haiti earthquake," Maurizio Giuliano, a spokesman for the UN Office for the Coordination of Humanitarian Affairs (OCHA), told AFP.

He said the 13.8 million affected outstripped the more than three million hit by the 2005 earthquake, five million in the 2004 tsunami and the three million affected by the Haiti earthquake in January this year.

The United Nations estimates 1,600 people have died in Pakistan's floods and the Pakistani government has confirmed 1,243 deaths. About 220,000 were killed by the December 26, 2004 tsunami in Southeast Asia.

Martin Mogwanja, the UN humanitarian coordinator in Pakistan, called on relief operations "to be massively scaled

#### **New Colombian VP has** heart surgery

BOGOTA, Colombia (AFP) -The newly-minted vice president of Colombia, Angelino Garzon, underwent emergency heart surgery after being rushed to a hospital at dawn yesterday for a heart problem just two days after taking office, medical sources said

Garzon arrived with "coronary illness in several arteries," leading a medical team to decide he needs heart surgery, according to Carlos Alberto Cardona, director general of the Bogota clinic where Garzon was taken.



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#### 'Juffrouw Vilma' reunites with former students





Recently, Filomena College elementary school teacher Vilma Wever enjoyed a pleasant reunion with her former students at The Hague, the Netherlands, during a visit there. Juffrouw Vilma retired after dedicating 38 years of her life to teaching students of the elementary school. From 1972 to 2010 she taught at the same school in San Nicolas, building a strong foundation among her students, preparing them for their future life.

Different ex-students from all over sent their congratulations and letters which were read on the afternoon of the reunion. All expressed words of gratitude to Juffrouw Vilma for the important job she displayed in all those years. There was a very emotive moment when Bryan van Putten sang a song, composed and arranged by himself, in the Sala Padu of the Aruba Huis in The Hague.

Juffrouw Vilma can look back to a very successful and fulfilling career at the Filomena Colllege elementary school. Besides teaching she also participated in different activities with the students. The school participated and won different events, such as the Vocilandia song festival, and the Quiz 13 at TeleAruba, which held was held among different schools, and sports competitions where more than once they won the volleyball championship under her guidance.

The reunion continued into the night with many memories brought forward by the students.

"In name of all your exstudents, thank you Juffrouw Vilma, for your patience and dedication," an ex student

























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#### Attractive campaign to launch new image of Aruba in the main street MAMBO to give away attractive

#### prizes

ORANJESTAD – Everyone who shops in the main street is eligible to win attractive prizes. MAMBO announces its customary Bazaar, every Saturday during the month of August. There will be sidewalk sales and attractive offers for everyone, a good opportunity for back-toschool shopping. The main street will be closed making it more pleasant for shopping.

The event is also to promote the launching of the new image of Aruba which will take place on Friday, August 20, from 6:30 to 8:30 p.m. MAMBO and the Aruba Tourism Authority joined forces in this campaign which gives away many attractive prizes to MAMBO clients.

MAMBO, an organization representing businesses in the Main Street and surroundings, is aware of the low season looming ahead. The main street will closed for renovation in September, as part of the government plan to make the street more attractive and pleasant for tourists as well as locals. It is very important for MAMBO members to make the most of the month of August, and this is why they are organizing this event, giving away many prizes to attract as many clients as possible. For any purchase of Afls. 25 in any establishment in the Caya Betico Croes showcasing an ATA poster, between August 6 and August 20 one will receive a coupon to participate in a raffle.

Prizes include a round trip ticket to New York and Los Angeles, hotel included. The winner will be drawn during an event on August 20; the only condition: the winner must be present to claim their prize. There are also many other prizes in store, sponsored by the different establishments.

On these days MAMBO members will have special offers at their establishments. All this to offer clients the chance to win many prizes, enjoy music, local food and handicrafts, in a pleasant ambiance.





# Colombia, Venezuela leaders plan meeting to fix rift

BOGOTA, Colombia (AFP) – The presidents of Colombia, Juan Manuel Santos, and Venezuela, Hugo Chavez, will meet today in Colombia on their countries' diplomatic rift, Colombian Foreign Minister Maria Angela Holguin said.

Chavez broke off diplomatic relations with Colombia on July 22, one week after Santos's predecessor Alvaro Uribe accused Venezuela of harboring some 1,500 leftist Colombian rebels in its terri-

tory, which Chavez strongly denied.

Santos was inaugurated Saturday, and immediately offered to talk with Chavez in hopes of mending relations.

Chavez, who sent his Foreign Minister Nicolas Maduro to Santos' swearing in ceremony, answered that he was willing to "turn the page" and work with the new president, adding that if Santos could not travel to Venezuela, he would be willing to go to Colombia.

# Wyclef Jean says he is 'right person' for Haiti

WASHINGTON (AFP) – Hiphop star Wyclef Jean said he wanted to become president of Haiti as he was "the right person" for his impoverished quake-battered country, in an interview published yesterday.

"While I don't pretend to be a miracle worker, I whole-heartedly believe that at this important time in Haiti's history, I am the right person to put the country on the road to the brighter future it so desperately needs and deserves," Jean wrote in an article in The Wall Street Journal.

Jean entered the race to become president of Haiti last week, jetting into the Caribbean nation on a private plane and asking Haitians to give him "power for change."

Jean's bid for presidency has won support in Haiti, where many hail him as a hero, but has also drawn sneers from figures skeptical of a hip-hop star in the national palace.

But Jean wrote that Haiti needed a president "who can turn promises into reality -someone who will crisscross the earth and convince world leaders" to help the Haitian people economically.

Jean lives in the New York area but has traveled to Haiti multiple times seeking to defuse gang violence and help the poorest Haitians.

He has said his inspiration to enter politics emerged from the devastating January earthquake that left 250,000 people dead and 1.5 million homeless.



#### Successful Back to School Expo organized by Famia Planea and Youth Parliament

Recently, the 'Famia Planea' - the government's department for birth control, together with Parlamento Juvenil – Youth Parliament, organized a tremendous Back to School Expo. Present at the occasion was Minister of Sports Richard Visser representing Minister of Economics, Social Affairs and Culture Michelle Hooyboer-Winklaar who was ill. Minister Visser had the honor to cut the ribbon, officially opening the expo.

Several offices and companies were present at the event, giving parents and their children all kinds of information, explanations and tips for the new school year. They also showed their products during the expo.

Minister Visser expressed to be very satisfied with the turn out at the expo. The students now are mentally ready to go back to school.

Photos show Minister Visser cutting the ribbon and the different booths at the Back to School Expo.









# US stands by Venezuela envoy pick amid row

WASHINGTON (AFP) - The United States said yesterday it had received no formal notification that the newly-nominated US envoy to Caracas has been rejected by Venezuelan President Hugo Chavez for comments he made about Venezuela's military.

"Mr. (Larry) Palmer is still our nominee to be ambassador in Caracas," State Department spokesman Philip Crowleysaid.

Crowley added that the United States had already re-

ceived "agreement" for Palmer from the Venezuelans, referring to the approval process for a new ambassador.

Chavez on Sunday appeared to reject Palmer as the US ambassador-designate to Venezuela as he urged US President Barack Obama to "look for another candidate."

When reporters alluded to Chavez's statement, Crowley replied: "You're referring to something we have not heard fficially." Palmer stirred Venezuelan ire when he recently voiced concern about Cuba's growing influence in Venezuela's military, which, he said was "considerably low" in morale and professionalism.

In written answers to a US lawmaker's questions -- his nomination as ambassador must be confirmed by the Senate -- Palmer also said there were "clear ties" between leftist Colombian guerrillas and Chavez's government.



#### Hotel concierges enjoy a night of authentic Italian cuisine



The island's hotel concierges,
Aruba's own local island experts, were treated to a special night of traditional Italian home-cooking in the restaurant setting of Sole Mare restaurant.

The dignitaries represented many of the major hotels on best-loved dishes, starting off with a traditional Pasta Fagioli, followed by Linguini Frutti di Mare and Filet Mignon with Mushroom Sauce. The delicious meal ended on a sweet note, with the restaurant's own creation, a Chocolate Salami with Ice Cream.

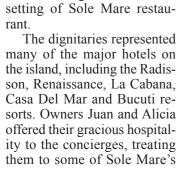
Sole Mare is a traditional family restaurant. Since opening day the Italian eatery has never veered from its philosophy of serving delicious homecooked Italian food, with rich, fresh flavors, at reasonable prices and in hearty portions, delivering an authentic slice of Italy.

Sole Mare restaurant is located in the heart of Palm Beach within walking distance of all the hotels. Kids can enjoy choosing from the Kids Menu and the early bird dinner serves a three course dinner for \$25. Ample parking is available.

Photos show the island experts enjoying their night of delicious Italian food at Sole Mare Restaurant.





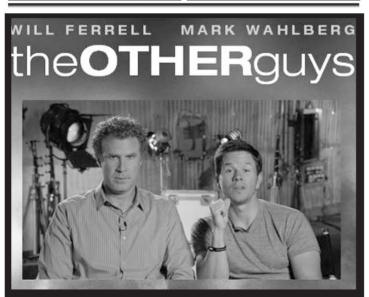






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THE OTHER GUYS (ACTION/ADVENTURE AND COMEDY) - Detective Allen Gamble is a forensic accountant who's more interested in paperwork than hitting the streets. Detective Terry Hoitz is a tough guy who has been stuck with Allen as his partner ever since an unfortunate run-in with Derek Jeter. Allen and Terry idolize the city's top cops, Danson and Highsmith, but when an opportunity arises for the Other Guys to step up, things don't quite go as planned.

# Science/Tech Gamers go where computers can't in solving a protein puzzle

An online game called Foldit is combining the intelligence of thousands of gamers with that of computer processors to solve real-world problems that neither organic nor silicon brains can solve alone.

The game consists of several puzzles - 3-D graphics of protein structures that must be manipulated by players to achieve the correct shape. With each twist or turn of the colorful arms that make up the protein, the player is awarded a score reflecting the "quality" of the fold, or how close the newly formed shape is to what would be expected in nature.

While most of us think of computers as superior to humans in many ways, it turns out that some problems - for example, predicting protein shapes - are better solved with the help of the human brain.

Computers search for the correct shape by making "lots and lots of random movements in quick succession," said Foldit co-creator Seth Cooper, a graduate student at the University of Washington in Seattle.

Because there are so many possible shapes for proteins, "the chances of the computer happening to randomly stumble upon the right answer is kind of small," Cooper said. However, people "can kind of look at things and see how they should fit together."

Proteins are molecules that are crucial for life. They serve as the building blocks for everything from hair to fingernails, and help facilitate important chemical reactions that take place inside cells.

Proteins in turn contain smaller building blocks called amino acids. By looking at DNA, scientists can determine the amino acids that make up a protein, but they can't tell how the amino acids interact with one another to create the protein's shape, which is vital for its function.

'Human computing'

This is where Foldit comes in. If the game can lead to better insight about protein folding, it could lead to new ways to fight disease or even allow scientists to design new proteins

Foldit also could show how humans and computers can work together to solve complex, scientific problems. This cooperative process, sometimes called "human computing," could find uses in other fields and industries.



# Wind turns to gold in remote Romanian region



Wind generators are pictured in Cogealac, 250km east from Bucharest

COGEALAC, Romania (AFP) – Strong winds sweeping southeastern Romania have long been seen as a curse but as electricity companies are increasingly turning to renewable energy, the area has become a coveted asset.

Romania's decision to open up its wind-power market has triggered fierce competition among investors, several of whom target the

#### Is Best Buy Making its Own Tablet?

Best Buy's chief technology officer Robert Stephens recently posted photos of a prototype tablet on his Twitter feed, fueling speculation that Best Buy is creating its own in-house branded tablet computer.

Best Buy has been making re-branded products with the Rocketfish label for a while now, but seeing as how Best Buy is the only major U.S. retailer (besides Apple Stores) with a contract to sell the iPad, is it shooting itself in the foot? And can the relatively unknown Rocketfish brand produce a decent alternative to the slew of soon-to-be-released tablets?

Dobroudja region, described by experts as one of the best sites in Europe.

In June, Czech company CEZ started operating its first wind energy unit in Romania, at Fantanele, 260 kilometres (170 miles) east of Bucharest.

The 1.1-billion-euro (1.45-billion-dollar) energy farm, expected to become the biggest in Europe next year, will have a capacity of 600 Megawatts.

But CEZ's plans to expand to the neighbouring village of Cogealac have been hampered by Spanish energy giant Iberdrola, which has set its mind on the same site.

Iberdrola and its local partner Eolica Dobrogea have announced plans to build the world's largest landbased wind-energy farm, with a capacity of 1,600 megawatts. Total investment should top 2.2 billion euros.

The rivalry between the two groups sparked a violent protest last week, when the mayor of Cogealac backed by several dozen followers, some of them carrying clubs, tried to drive the Czechs away from the village.

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#### **HEALTH - LIVING**

#### Girls Entering Puberty at Younger Ages, Study Suggests

Girls are entering puberty at younger ages now than a couple decades ago, a new study suggests.

The study researchers aren't sure what's causing the early puberty, but they suggest multiple factors, including genetics, environmental chemicals and an increase in body fat and obesity.

While breast tissue growth and other physical signs of puberty are not in themselves red flags, they could be linked with health risks, including breast cancer, said study researcher Dr. Frank Biro of Cincinnati Children's Hospital Medical Center in Ohio.

"I think it pretty much confirms what people have been saying for quite a while," said Dr. Paul Kaplowitz, chief of endocrinology at Children's National Medical Center in Washington, D.C., who was not involved in the current study.

Kaplowitz was referring to a study published in 1997 showing a downward trend in age of puberty onset for girls,



along with a more recent study out of Denmark last year showing the same thing.

**Breast development** 

The new findings are based on examinations of more than 1,200 girls ages 6 through 8 from three U.S. cities. Trained female professionals examined the girls for signs of puberty onset, including conducting breast palpations that looked specifically for breast tissue, not fat

One argument against the 1997 findings and others like it has been that perhaps girls who are overweight just have more fat tissue around their breasts and haven't actually begun puberty.

The results of the new

study showed that 10.4 percent of white non-Hispanic girls had begun puberty by age 7, compared with 23.4 percent of black girls and 14.9 percent of Hispanic girls. Among 8-year-olds, puberty had begun in 18.3 percent of white non-Hispanic girls, 42.9 percent of black girls and 30.9 percent of Hispanic girls.

White non-Hispanic girls showed the largest drop in age of puberty onset between the 1997 study and the new findings. The white non-Hispanics in the new study were nearly twice as likely to have reached puberty by ages 7 and 8 than were girls of that age in the 1997 study, Biro said. That's a significant in-

crease between the early 1990s, when those girls were examined, and 2004 to 2006, when Biro's study was conducted.

"It certainly was more than we had anticipated," Biro told LiveScience, referring to the change compared with the 1997 results. "So this was a bit of a surprise to us."

However, Kaplowitz cautioned, "I wouldn't go so far as to say that the study shows the trend for early puberty has intensified." There could be other reasons for the difference between the two study results.

#### Causes of early develop-

Part of the problem could be childhood obesity. One of the big differences between the two studies, Biro said, was the body mass index (BMI; a measure of a person's weight in relation to their height), with girls in the recent study having higher numbers than in the past. "Overall, the girls in the United States now have a higher body mass index than they did 20 or 30 years ago. It's not just obesity but the

whole BMI has gone up," he said.

Other studies have demonstrated a link between weight and age at which girls begin puberty.

Environmental factors might also play a role. Some household products and pesticides contain so-called endocrine disruptors, which are synthetic chemicals that, when absorbed by the body, can mimic or block hormones and disrupt normal functions, such as growth and maturation

"I don't think we can rule out chemicals in the environment, but nobody has provided persuasive evidence," Kaplowitz said.

#### Health risks

Biro's study was initiated as part of a breast cancer research program, because a younger age of menarche (first menstrual period) has been linked with a higher risk for developing breast cancer.

An analysis of past studies showed that for premenopausal and postmenopausal women, the risk of breast cancer was decreased by 9 percent and 4





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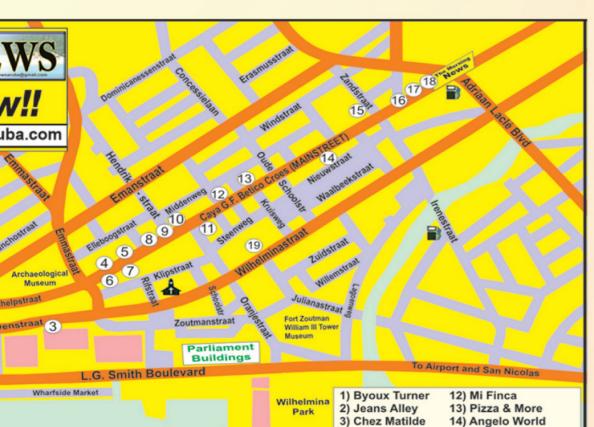
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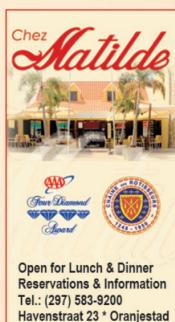




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# BP pays 3.0 billion dollars into oil spill fund

WASHINGTON (AFP) - BP said yesterday it had made its initial deposit of 3.0 billion dollars into a 20-billion-dollar US-managed fund to compensate victims of the massive Gulf of Mexico oil spill.

"The purpose of the escrow account was to assure those adversely affected by the spill that we indeed intend to stand behind our commitment to them and to the American taxpayers," BP's incoming chief executive Bob Dudley said in a statement. "Establishing this trust and making the initial deposit ahead of schedule further demonstrates our commitment to making it right in the Gulf Coast," he said.

President Barack Obama's administration earned commitments from BP to pay into the account in mid-June, nearly two months after the BP-leased Deepwater Horizon oil rig exploded April 20, killing 11 workers and triggering what has become the world's largest unintentional oil spill.

The fund, to be paid into over four years at five billion dollars per year, will be overseen by prominent lawyer Kenneth Feinberg, who managed compensation claims by victims of the September 11, 2001 terror attacks.

The US Department of Justice said negotiations on the fund were completed yesterday.

# The One Key Ingredient that forces people to buy from you and ALWAYS makes for satisfied customers!

by Ken Varga



Hi, I am Ken Varga. I want to share with you some of the ideas, strategies, and principles that allowed me to build 35 businesses during my career.

By earnestly applying the ideas, you will learn how you too can build your business to success, while living an unhurried life, filled with family, friends, fun and a relaxed attitud.

When I left off on the last tip, I said I was going to write about how to increase your number of leads, prospects, inquiries, and customers.

In a simple phrase, the way to do this is by, Guaranteeing purchases through Risk Reversal.

I'd like to remind you of a very important fact of life...

Anytime two people come together to transact business, one person is always asking the other to take on or assume more of the risk than the other.

If you are asking your customer to assume the risk of purchasing your product, a lot of them won't do it.

And a lot of your customers

won't begin to buy at anywhere close to their capacity to purchase because they don't want to take on all of the risk.

I'm sure you've felt the same way whenever you've purchased something.

Here's the solution.

The key is to recognize that if you can reduce or eliminate the burden of risk for your customer in the transaction, a lot more people will buy from you and they will buy a lot more; they will also buy a lot more often.

When you reduce or eliminate the risk, the customer will feel that you believe in your product and are willing to take the risk if anything ever goes wrong.

As you look at guaranteeing purchases and reversing the risk, understand this fact. What you are really doing is lowering the hurdle, reducing the barrier of entry, making it more advantageous to buy from you, than not to buy.

In other words, customers will purchase more readily when you remove the risk factor of the purchase.

At my seminars, when I introduce the concept of risk reversal or guaranteeing the purchase, most people shudder and they become fearful, and they say, "I can't guarantee a purchase. What happens if everyone I sell to asks for a refund."

I remind them of two very important factors.

The first is that I presume

# Significant chance of recession next 2 years

CHICAGO, Illinois – There is a "significant" chance the U.S. economy will slip back into recession in the next two years although a reversal is unlikely in the next few months, researchers at the San Francisco Federal Reserve Bank said yesterday.

The probability of another recession over the next 18 to 24 months is higher than that of expansion, researchers said in the latest issue of the regional Fed bank's Economic Letter.

Concern has risen in recent months that the United States might be headed for a 'doubledip' recession as measures of consumer spending and confidence have dropped and private company hiring has fallen short of expectations. The soft economic data will be top of mind today when members of the Fed's monetary policy-setting committee meet. Recent comments from Fed officials signal strong disagreement over whether the Fed -- the U.S. central bank -- should move to offer further support to the economy than it already has.

The researchers used leading economic indicators to try to predict the possibility of a renewed economic downturn.

The experiment yielded vastly different results, depending on which indicators were used. But overall, they said, the numbers "indicate that the macroeconomic outlook is likely to deteriorate progressively starting sometime next summer."

the product or service you sell is a quality one.

It provides value. It provides a benefit. It creates an advantage and a very substantial result for the customer you deal with.

Am I right?

Of course I'm right, or they wouldn't be buying from you in the first place.

By guaranteeing the purchase and reversing the risk, you actually help your customer appreciate at a far higher level the results and benefits your product provides for them, than they probably do now.

Win win for everyone in the transaction.

For example, if you have an opportunity, read my guarantee at my web site.

My guarantee is a lifetime guarantee, no questions asked.

Out of the thousands of books I've sold, I've only been asked about twice for a refund.

Most people are honest and will not take advantage of you.

With the few that do, it doesn't really make a difference to your overall profit. And the amount of sales you get by removing the risk for your customers are far greater than what you lose from refunds.

I'm sure you can think of other ways beside guarantees to reduce the customers' risk in purchasing your product or service.

This should do it for this tip. In the next Tip, I'm going to cover how to guarantee the purchase and reverse the risk for the customer, without hurting your profits.

See you in the next Tip.

To your success, Ken Varga

Ph: 888-682-2596; Fax: 888-682-2597

Email: ken@kenvarga.com Website: www.kenvarga.com

#### YESTERDAY'S Crossword Answer



# Have you had your breakfast today? The Old Fisherman offers breakfast with an Aruban twist



R-l, Monica and Amarilis with their fellow colleagues

When Linda and Ramon Pimienta started their small business at the old wharf down town, little did they know that they had a goldmine when it comes to the perfect blend of international and local cuisine. Nowadays, they are located right behind the Royal Plaza Mall where they serve up a storm to visitors and locals alike. What is their secret? Offering high quality dishes at super prizes

have been with the company for ten years are ready to serve you with a smile.

Besides serving traditional breakfast dishes such as eggs sunny side up with ham and cheese, scrambled or plain they also serve pastechi horna (a small pie pocket with different fillings), crêpes, sweet crêpes and bagels with cream cheese, smoked salmon or boiled eggs.

If you want to really experience the Aruban twist you



that fit anyone's budget.

For ten years The Old Fisherman has been serving local cuisine with an international twist for lunch and dinner and they have managed to stay on top by using high might want to try something from the local breakfast menu served on pan grandi (rama) or a baguette. You can try the delicious kerrie-kerrie (a typical Aruban flaked fish), conch, fish egg, shrimp,



quality fresh ingredients. From their fish cakes with "funchi" (polenta) and "pan bati" nicely presented to soup of the day accompanied by delicious deserts.

Now they are serving you breakfast with an Aruban twist at bargain prizes.

Monica and Amarilis who

fish fillet, fish cake and the chicken soup or you can have fruit salad and yoghurt.

A perfect restaurant for all in the family.

Whatever your taste might be you are assured that at the Old Fisherman there is a dish on the menu for you at breakfast, lunch and dinner.

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Each Residence is available fully furnished, with cool Caribbean colors complimented by rich dark woods. Kitchens are equipped with stylish stainless steel appliances, and modern conve-



niences. As always, our private balconies take advantage of soothing breezes and island views. If you are interested in this exciting new development, we invite you to visit our condominium sales office at the 2nd floor of the Links at Divi Aruba clubhouse next

to Windows on Aruba restaurant.

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# **Amazon walk**



Former soldier Ed Stafford on his Amazon trek



BELEM, Brazil Exhaustion turned into jubilation for a former British Army captain yesterday as he became the first known man to walk the entire length of the more or less 4,200-mile long Amazon

Ed Stafford completed the 859-day trek yesterday when he reached the Atlantic Ocean in Northern Brazil, ending an adventure that tested his perseverance. "It proves you can do anything — even if people say you cannot. I've proved that if you want something enough, you can do anything" said Stafford, who started the long and dangerous trek on April 2, 2008.

Along the way, Stafford said he encountered and survived everything the Amazon could offer, from 18-foot long caimans to food shortages, and to threats of being killed by uncooperative tribes. Stafford began the trek with a friend. However, the friend backed out after the first three months, but Stafford continued alone, except on occasions where hundreds of villagers would accompany him. He eventually met Peruvian Gadiel "Cho" Sanchez Rivera, who decided to finish the trek with him.

Stafford has aimed to use the walk to raise awareness about the threats to the Amazon rain forest and its people, using a portable satellite video to blog about his trek.

He had planned to complete ne walk in about a year but the journey was prolonged by floods that forced him to walk a roundabout route that was 2,000 miles (3,200 km) longer than the 4,000-mile (6,400km) length of the Amazon, which is exceeded only by Africa's Nile as the world's longest river.

#### Briton completes epic Getting fit in midlife, better late than never

NEW YORK CITY - Exercising in your 40's, 50's and 60's is like saving for your retirement, experts say. Starting early is money in the bank, but even late bloomers can reap astonishing benefits.

"The game isn't over, even if you haven't been active," said Dr. Angela Smith, past president of the American College of Sports Medicine. "Aerobic fitness, bone health, agility, you may be able to catch up. It's remarkable to see the things people can actually

Smith, a physician at Philadelphia Children's Hospital, said studies have shown that even octogenarians can double their strength with weight training.

"There's good evidence that among people who have arthritis, the stronger have less pain, and that getting fit decreases the chance of having cancer," she said.

But if you're a former high school athlete who became sedentary as your temples grayed, don't expect your history to save you.

"Some of the benefits you built up aren't going to maintain themselves if you become a couch potato," Smith said. "That wonderful bone strength you built in your 20's will melt away a lot faster if you don't stay active."

Smith said logic dictates that 40-, 50- and 60-year olds need to pay attention to all components of fitness.

'Make certain to do flexibility, strength and aerobic training, even if you have to decrease the amount of impact. A jumping sport may be difficult. But many of the non-sport activities, swimming, weight training, yoga, people can do just fine in 40's, 50's, 60's."

Andrea Metcalf, a fitne expert and personal trainer for over 20 years, recommends bite-sized portions for the late beginners.

"People who have never exercised don't have a good sense of body awareness or body movement, so we need to focus on simple patterns, on strengthening those stabilizing





Shape-ups and celebrity healthy lifestyle expert Andrea Metcalf, right, leads a group of beauty and mommy bloggers in an exercise during a fitness walk through the streets of New

muscles," said Metcalf, whose forthcoming DVD, Keeping Fit: Strength, Cardio, Pilates, targets the midlife exerciser.

"We know that 10-minute segments will have a cardiovascular effect. So if you do a couple, in the next week you can bring that up," she said.

Metcalf agrees it's never too late to start. "You'll feel the benefits within the first two weeks of doing any new program. In six weeks you'll see body changes. If you touch your arm it's going to feel stronger.

Dr. Wojtek Chodzko-Zajko, of the University of Illinois is the leader of the Active Aging Blueprint, a umbrella group which develops strategies to help people 50 and older increase physical activ-

He thinks people should revisit their routines just as they do their retirement invest-

"The 25-year-old kid that goes for a run without a warmup will need to adjust that mid-

dle age, when he's more prone to injuries," Chodzko-Zajko said. "The choice of most 40year olds is not going to be same as most 60-year olds."

He said studies in nursing homes have shown that strength-training residents increase their mobility. Some even get out of wheelchairs. "Even modest improvement is associated with huge differences in the quality of life."

Chodzko-Zajko urges people to find the activity that makes sense to them. "Even walking the dog or spending time outside. Adopt active choices. Be active in your own

Metcalf says people who live to be 100 all have a fitness component.

"Exercise is the fountain of youth. If you want to live to 100 you have to exercise," she explained.

So what's the best workout? "The one you'll do," she said. "All the rest is just maret-

#### Maicon will stay at Inter, says Moratti

ROME (AFP) - Inter Milan president Massimo Moratti ended weeks of speculation on Monday by stating that Brazilian full-back Maicon will not be following former coach Jose Mourinho to Real Madrid.

The 29-year-old had been coveted by the Spanish giants all summer but the two sides had failed to come to an agreement on the player's value.

And having earlier in the day suggested he didn't know what was going on, Moratti was more decisive in the afternoon.

"Maicon is staying at Inter," he told reporters. "He was wanted by other clubs, as were other players.

"They consider him good, so good that, perhaps, I was convinced to not sell him.



I've taken Maicon off the market."

But it seems that Maicon's commitment to the club jersey, with which he and Inter won the treble last season, played a significant role in keeping him in Milan.

Maicon has been excellent in pre-season and has shown no signs of hankering after a move away.

"The most important role

was the Brazilian full-back's behaviour during these weeks," added Moratti.

"Also for his character, the behaviour he's shown during this period, all these things were fundamental."

The move is believed to have stumbled over money with Real rumoured to have offered 24 million euros and Inter wanting 30 million euros.

New Inter coach Rafael Benitez was keen to keep the former Monaco player on his books.

"Maicon is without a doubt a good player who made a difference in many matches last season," said Benitez.

"He's an important player for us, we know Real Madrid are interested in him but, I repeat, he's important for us.

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# Federer to face Chela in Toronto start

E-mail: quality@setarnet.aw - Website: www.arubaqualityapartments.com

TORONTO (AFP) - Twotime champion Roger Federer will begin his Toronto Masters campaign Tuesday against Juan Ignacio Chela after the Argentine booked his place in the second round 6-0, 6-3 over Alejandro Falla on Monday.

Falla, from Colombia, gave Federer a fright in the first round at Wimbledon before the Swiss pulled out a five-set victory over the number 64, winning 6-0 in the final set.

Federer, seeded third, has not met Chela since 2006, but owns a 4-0 record of the 30-year-old South American, winning eight of nine sets.

Their last meeting came in the 2006 Rome first round.

Sergiy Stakhovsky of Ukraine dealt a blow to French hopes, putting out Richard Gasquet 7-5, 6-1. The defeat was the second in a row for Gasquet on hard-court after reaching the clay Gstaad final eight days ago.

Stakhovsky earned a second-round date with Wimbledon finalist Tomas Berdych, the seventh seed. Romanian Victor Hanescu defeated the week's first Canadian participant as he put out world number 217 Milos Raonic 6-4, 6-4.

Leading seeds go into action on Tuesday after opening round byes.

# India eye further one-day success in Sri Lanka



New Zealand cricket captain Ross Taylor (L), Indian captain Mahendra Singh Dhoni (C) and Sri Lankan captain Kumar Sangakkara (R) pose for photographers with the series trophy.

DAMBULLA (AFP) - Mahendra Singh Dhoni's India go into a triangular series in Dambulla on Tuesday keen to extend their impressive run in the one-day game in Sri Lanka.

India, who clash with New Zealand in the opening daynight match, have won two bilateral series, a tri-series and the Asia Cup in Sri Lanka over the past two years.

Each side will play the other twice in the preliminary league before the top two qualify for the final on August 28.

India are also fresh from a morale-boosting victory over the hosts in the final Test in Colombo last week, helping them square a three-match series 1-1.

The Indians have rested record-breaking batsman Sachin Tendulkar, key spinner Harbhajan Singh and opener Gautam Gambhir for the one-day tournament, but have enough depth in batting and bowling to test their rivals.

Dinesh Karthik is likely to open the innings with hard-hitting Virender Sehwag in place of Gambhir.

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India's batting has been boosted with the return of Yuvraj Singh, who was dropped for the Asia Cup. He has so far scored 7,345 runs in 250 one-day internationals.

Batting is India's main strength, with Dhoni, Yuvraj, Sehwag, Suresh Raina and Rohit Sharma capable of dominating any attack with a rich stroke-play.

New Zealand, who were runners-up in the Champions Trophy in South Africa last year, will test their benchstrength in the absence of skipper Daniel Vettori and aggressive opener Brendon McCullum.

The Black Caps geared up for the tournament in style, winning both their practice matches.

Skipper Ross Taylor, Scott Styris, Jacob Oram and Bradley-John Watling all looked in good form in warm-up games, each scoring a half-century.

Sri Lanka have excellent batsmen in skipper Kumar Sangakkara, opener Tillakaratne Dilshan and Mahela Jayawardene, but need to put in a consistent allround performance to taste success at home.

Their bowling attack looks depleted in the absence of the veteran duo of off-spinner Muttiah Muralitharan and seamer Chaminda Vaas, who were not considered for the tournament.

The rivals are preparing for the World Cup that will be hosted by India, Sri Lanka and Bangladesh in February-March next year.

## Pizza, sports tycoon wants to buy NBA Pistons team

DETROIT – The owner of the Little Caesars Pizza chain and professional baseball and ice hockey teams said on Monday he wants to buy the Detroit Pistons basketball team, confirming speculation since the team's owner died last year.

Michael Ilitch, who lives in the Detroit area and owns the Detroit Tigers baseball team and Detroit Red Wings hockey team, said he wants to keep the National Basketball Association team from leaving Detroit.

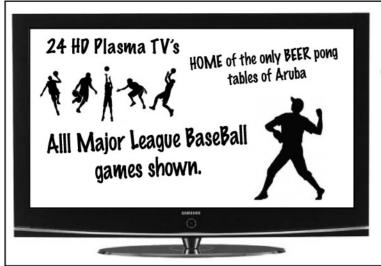
"We decided to take a run at it," he said in a statement.

"We believe we could bring a lot to the table that could be tremendously positive for the Pistons franchise, the NBA and the fans of this community."

Ilitch said he had formally notified the Detroit Pistons of his interest in buying the team.

Forbes magazine valued the Pistons, which play in Auburn Hills, Michigan, as the NBA's fourth-most valuable team at \$479 million in December, and the Ilitch family's fortune at \$1.5 billion in March.





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#### Mariners sack manager Wakamatsu Feeling better, Burnett

SEATTLE (AFP) - The Seattle Mariners, languishing in last place in their division, sacked manager Don Wakamatsu on Monday.

The team announced the dismissal of the first Japanese-American manager in Major League Baseball hours before a game on Monday against Oakland.

Wakamatsu became the fifth manager in the majors to get the sack this season.

Baltimore's Dave Trembley, Kansas City's Trey Hillman, Arizona's A.J. Hinch and Florida's Fredi Gonzalez have also been fired.

Seattle entered the day 42-70, the second-worst record in the American League.

The Mariners added pitcher Cliff Lee, infielder Chone Figgins and outfielder Milton Bradley before the season and started the year with high expectations of reaching the playoffs for the first time since 2001.

Wakamatsu had guided Seattle to an 85-77 record in his first season after taking over a team that went 61-101



But the Seattle roster has produced the worst offense in baseball and doomed them to 22 1/2 games behind firstplace Texas in the AL West.

The Mariners said 43year-old Daren Brown, the manager of minor league affiliate Tacoma for more than three seasons, will replace Wakamatsu on an interim basis

Seattle also sacked bench coach Ty Van Burkleo and

#### **Fan sues Mets** over broken bat injury

NEW YORK (AFP) - A New York Mets fan is suing the club and Major League Baseball saying a flying piece of a broken baseball bat shattered his face

James G. Falzon's lawsuits say the severed barrel of a maple bat became "a dangerous projectile" and broke bones in his face during an August 2007 game at the old Shea Stadium. He is seeking unspecified damages.

Falzon says the team, the league and Rawlings-brand bat maker the Jarden Corporation. should have done more to protect fans from break-prone maple bats.

A Major League Baseball committee in 2008 found bats made from maple wood were three times as likely to break in multiple places as bats made from traditional ash.

pitching coach Rick Adair.

"I have concluded that these changes needed to be made now and that they are in the best interest of the Mariners as we move forward," Seattle general manager Jack Zduriencik said. "Don, Ty and Rick are all good baseball men and they have done their very best. But we are where we are.

"I no longer have confidence that Don, Ty and Rick are the right long-term fit for our organization. New leadership is needed and it is needed now."

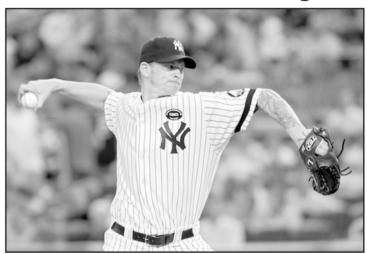
Wakamatsu, 47, has seen franchise icon Ken Griffey jnr slump this season to the point the manager finally benched the slugger. Griffey opted to retire in June.

The manager sent an irate Bradley home from a game in May, and the next day Bradley asked him and the general manager for help dealing with emotional is-

Wakamatsu has also had public disputes with Figgins, whom Zduriencik signed to a 36 million-dollar free-agent contract before the season.

The most recent incident was a mid-game spat inside the home team's dugout that involved Wakamatsu, Figgins and other coaches and players in view of half the stadium as well as a national television audience.

# set to start Tuesday



NEW YORK -- A.J. Burnett briefly tried to campaign for making his start as scheduled on Sunday against the Red Sox, but acknowledges the Yankees are making the smart move by making him wait an extra two days.

Burnett was scratched after feeling lower back stiffness while tossing on flat ground Saturday, with Dustin Moseley getting the win as a fill-in for New York's 7-2 victory. Burnett is now scheduled to pitch Tuesday at Texas.

"I felt better [Sunday]," Burnett said. "It wasn't all the way out, but it felt better than the day before. But it was the right call for sure. The extra day totally helped."

Burnett said that it would

give him "a little peace" to go through a flat-ground session before Monday's game against the Red Sox, and said that the affected area of his lower back -- three or four inches above his tailbone -feels "a lot better" after receiving treatment.

A back injury is a new issue for Burnett, who said that he has never experienced anything similar. He said that he felt his back "felt like it gave out," but manager Joe Girardi said he expects Burnett to be able to take the ball Tuesday against the Rangers.

"I'm pretty certain he'll make that start," Girardi said. "My initial reaction would be, he wouldn't have gone on the field [Monday] if he was having issues."

#### Stern says league, union will talk this week

will resume talks this week toward a new labor agreement, NBA commissioner David Stern said Monday.

The talks will mark the first bargaining session since the NBAAll-Star weekend in February, when the players rejected an owners' proposal for a deal to replace the one that expires June 30, 2011.

The players' association

NEW YORK (AFP) - The recently submitted a proposal NBA and its players' union of its own, which Stern indicated was similar to the current agreement and did not include significant changes owners are seeking.

Stern has estimated the league will lose some 370 million dollars this season, a figure the union disputes.

While the salary cap was igher than projected because revenues were up, the league

says expenses ere up as well.
"I would say that our revenues are robust, and it's taking more expense and effort to produce them than it has

historically," Stern said. "We are not pleading poverty. We are pleading the need, we are stating the need for an improved revenue versus expense model that would be demonstrably sustainable and continued to allow our sport

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### Keeping top spot little solace after Tiger's worst week

AKRON (AFP) - Tiger Woods struggled to the worst 72-hole performance of his career on Sunday, finishing an astonishing 30 strokes behind winner Hunter Mahan at the World Golf Championships Bridgestone Invitational.

Woods claimed he was not injured and hinted his final-round seven-over par 77 and level-78th finish in the 80-man field at 18-over 298 was caused by his off-course woes in the wake of his sex scandal.

"It has been a long year," Woods said.

After posting his most miserable effort in 14 years

as a professional on a course where he has won seven times and was defending champion, Woods faces the Thursday start of 2010's last major, the PGA Championship at Whistling Straits.

"I've got to be ready come Thursday. That's all that matters," Woods said. "I need to hit the ball better, chip better, putt better and score better.

"I don't see how it can be fun shooting 18-over, especially since my handicap is supposed to be zero."

It was no consolation for Woods to retain his world number one ranking for at least one more week, his fiveyear reign surviving only because second-ranked US star Phil Mickelson shot a worse round than Woods did.

Reigning Masters champion Mickelson had to finish solo fourth or better to surpass Woods, but Mickelson fired at 78 to plunge all the way to equal 46th at the 8.5 million-dollar event.

Mahan, 28, has little work to do after a bogey-free sixunder 66 for his third PGA title, first WGC triumph and a 1.4 million-dollar top prize. He had never dreamed he could finish 30 strokes ahead of Woods at an event.

"I never, ever thought that would be possible," Mahan said. "It never crossed my mind. It's definitely different."



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# Europe to host two regular-season games

NEW YORK (AFP) - The NBA will play regular-season games in Europe for the first time when Toronto and New Jersey play a pair of games in London during the upcoming season, commissioner David Stern said Monday.

The teams will face each other March 4 and 5 at the O2 Arena, which has hosted preseason games for several years.

Speaking on a conference call, Stern said he did not yet know if regular-season games across the pond would become a regular feature of the schedule.

The NBA has long sought to expand its audience overseas, and Stern had said before that he would like to see a meaningful game played in London before the city hosts the 2012 Olympics.

Before the upcoming season begins, the Los Angeles Lakers, New York Knicks and Minnesota Timberwolves will each play two games in the fifth installment of the NBA's pre-season Europe Live Tour.

The reigning champion Lakers will face the Timberwolves at the O2 Arena on October 4 and then play Barcelona in Spain three days later.

The NFL will play a regular-season game in London for the fourth straight season when the San Francisco 49ers face the Denver Broncos on October 31 at Wembley Stadium.

The NHL has also played regular-season games in London, and still does so in other European cities.



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